

Make Health Your Priority

Many of the illnesses and diseases that affect us today can be prevented by doing three things on a regular basis – eating healthy foods, exercising, and managing stress. And, these three things may even help you manage the complications you may be having as a result of illness or disease.

As adults, we have many responsibilities. Without good health, it makes it hard for us to take care of those responsibilities and to enjoy life.

If you need help on how to make good health your priority, please call us at 240-313-3300.



Our Mission

The Division of Health Services/Nutrition and Wellness Services Program seeks to aid the citizens of Washington County with developing healthy lifestyles through preventive health care.

For more information
please contact:

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**Washington County
Health Department**

Nutrition and Wellness Services ***Community Programs***

1302 Pennsylvania Avenue

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Nutrition and Wellness Services

Our Programs

We offer a variety of programs and services to meet the health and wellness needs of county residents of all ages. The following paragraphs summarize our current program offerings. **For more information about a specific program or dates for upcoming programs, call our office at 240-313-3300.**

"STOP" Program

Type 2 diabetes often sneaks up as pre-diabetes—blood sugar levels that are high, but not high enough to be called true diabetes. The good news is that catching pre-diabetes and making modest lifestyle changes can help you delay or prevent the onset of diabetes. If you suspect that you are pre-diabetic or have other risk factors for diabetes, the STOP program may be for you.

Diabetes Support Groups

This is an ongoing support group for diabetics and their families and friends. Groups meet once per month (please call for schedule) and programs focus on some aspect of diabetes care.

"No More Battles, Better Eating"

Feeding problems are as common as kids. This workshop helps you avoid the common pitfalls in feeding—or how to dig yourself out—and raise healthy children who eat, move and grow well. Bring your questions and feeding challenges to this workshop.



"Your Child's Weight: What's A Parent To Do?"

If you feed in the right way, your child will grow up to eat the food you eat and to eat the right amount to grow well. This workshop will help you raise your child to get the body that nature intended. Discover the underlying reasons children get too heavy and learn how to help without harming.

"Seniors-In-Motion"

It's never too late! Join Helen House for senior group exercise (at your own pace) and a lively discussion on various health topics. Helen's classes are taught at the following sites: Francis Murphy Senior Apartments, Walnut Towers, Potomac Towers, and at sites in Smithsburg, Williamsport, Keedysville, and Hancock.

Nutrition and Wellness Services Staff often prepare and deliver other wellness programs based on the needs and interests of the community. If our current program listings do not cover topics of interest to you, please call us at 240-313-3300 to discuss other topics.

Nutrition and Wellness Services Staff:

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